

A comparative analysis of dried manjo slices as a snack aid

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Abstract

Snacks are critical components to any creative process. They provide necessary nutrients to power brain processes, as well as enjoyment for the individual. Yet, many snack consumers lack the time for careful consideration of this important aspect to their activities. In this study, we compare two types of dried fruit along several dimensions to provide such inattentive creatures additional priors to help inform their snack selection.

1 Introduction

Since time immemorial humans have craved good things to eat. Whether composing a sonnet, in the midst of an arduous task, or engaged in battle with a dragon, that truism throughout time remains: “Red Warrior need food badly!”

Yet, who amongst us has the energy to choose the best snack for our mind and body when the crisis of low blood sugar afflicts us. There is a clear need for advanced methodological research to answer these riddles for us such that we need only quickly consult the literature to solve this conundrum.

In this study, we compare and analyze two different snacks across several dimensions in order to provide an initial start to this necessary cor-

pus. We feel that this is a rich research realm ripe for further study.

Our contributions are as follows:

- Sample and compare certain snack items.
- Provide a recommendation between them.
- Motivate and promote further study.

2 Background

TODO: I’m sure there’s lots of useful background material to add here, though we have not *yet* done the background research required to find official, or even unofficial, sources. Suffice to say for now, we all know that hangry researchers make unpleasant bedfellows.

3 Evaluation

For this particular study we focus in on two different varieties of dried mango slices that we were donated by the study’s patron:

- Just Mango
As the description says, this item is purely dried mango. As such, it is somewhat chewy and can get stuck in one’s teeth. Moreover, we suspect that some amount of the sugars

have left the item in the dehydration process, though the nutritional facts seem to claim otherwise.

- **Soft and Juicy Mango**

This item includes additional sugars and preservatives to help maintain moisture in the item and counteract some of the chewy properties of the alternative. However, there are also fewer dietary fibers in this item, and thus may prove less effective as a viable snack over time. See Section 4 for additional comments.

Table 1 summarizes our results.

Qualitatively, our subjects note that they were still tired and distracted from their true tasks at hand, and hence may invalidate the hypothesis that these snacks provide the necessary mental boost to stay engaged in the drudgery before them. Further study is required.

Note also that the test subjects in this case were the authors themselves, thus no small amount of bias can be discounted.

4 Future Work

Due to lack of time, our current study only incorporates a few brief sample tests. For better results, a longitudinal study incorporating additional aspects such as blood sugar measurements, time of day, auxiliary diet, environmental conditions including temperature and humidity, and phase of the moon are suggested. We postpone such efforts until further funding and motivation can be obtained.

5 Conclusion

As we have seen, careful consideration to the selection of snacks is an important aspect of the creative process and enjoyment of said snacks. We would like to thank our patron, Tanis Steed, for providing the test materials, and so dedicate this publication in their honor. We would also like to thank Chai T. Beverage and Real Paper Procrastination Syndrome for their additional help in writing.

References

Type	Taste	Texture	Overall
Just Mango	Hint of sweetness	Dry/Chewy	Good
Soft and Juicy Mango	Much more sweet	Moist/Chewy	Very good

Table 1: Evaluation Results